

Menus Autumn 2017

Week 1

Monday

Snack am: Crackers & marmite with grapes

Lunch: Chicken & vegetable tomato pasta bake

Pudding: Fresh fruit platter

Snack pm: Fruit loaf

Tea: Finger rolls with a variety of fillings, cucumber & pepper

Pudding: Homemade shortbread with orange wedge

Tuesday

Snack am: Rice cakes with banana & honey

Lunch: Shepherd's pie with vegetables

Pudding: Miss Tara's ginger sponge & custard

Snack pm: Breadsticks, cucumber & homemade chive dip

Tea: Jacket potatoes with cheese & beans

Pudding: Rice crispie cakes

Wednesday

Snack am: Naan bread with apple & mango chutney

Lunch: Fish & leek pie with vegetables

Pudding: Apple pie with custard

Snack pm: Cheddar & pear

Tea: Cheese on toast

Pudding: Arctic roll

Thursday

Snack am: Muffins with cream cheese & pineapple

Lunch: Chilli con carne with rice

Pudding: Banana bread with a chocolate top

Snack pm: Cereals & dried fruit

Tea: Tuna & sweetcorn pasta with grated cheese

Pudding: Yoghurt with fresh fruit

Friday

Snack am: Pancake with honey & pear

Lunch: Sausage hot pot with mash & veg

Pudding: Ice-cream sundae with strawberry sauce

Snack pm: Toast with marmite & grapes

Tea: Fish cakes with beans or spaghetti

Pudding: Whip with banana & sprinkles



Week 2

Monday

Snack am: Cheddar & grapes

Lunch: Macaroni cheese with broccoli

Pudding: Jam sponge and custard

Tuesday

Snack am: Biscuits

Lunch: Spaghetti bolognaise with peas

Pudding: Raspberry sorbet with fruity sauce

Wednesday

Snack am: Rice cake with honey & pear

Lunch: Chicken & broccoli pie with boiled potatoes & veg

Pudding: Fresh fruit trio

Thursday

Snack am: Brioche rolls with apple

Lunch: Roast dinner with vegetables

Pudding: Miss Tara's lemon drizzle cake

Friday

Snack am: Naan bread with cucumber & mango chutney

Lunch: Fish fingers, mash & mushy peas

Pudding: Chocolate cake with chocolate custard

Snack pm: Miss Tara's cheese scones

Tea: Chicken pitta pockets with sweetcorn & cucumber

Pudding: Bananas & whip

Snack pm: Crisp bread with apples

Tea: Selection of sandwiches

Pudding: Miss Tara's fruity tea bread

Snack pm: Miss Tara's fruity bar

Tea: Miss Tara's bacon & cheese muffins with beans

Pudding: Ice cream with sponge finger

Snack pm: Crackers & cheese

Tea: Frittata with peas

Pudding: Fresh fruit salad

Snack pm: Cereal with apricots

Tea: Scrambled egg on toast

Pudding: Yoghurt & fruit



Week 3

Monday

Snack am: Crumpets with cheese spread & pineapple

Lunch: Tuna noodle bake with vegetables

Pudding: Miss Tara's ginger sponge with vanilla custard

Tuesday

Snack am: Pear, pitta bread & mango chutney

Lunch: Sausage meat pie, boiled potatoes & vegetables

Pudding: Warm apple sponge with ice cream

Wednesday

Snack am: Miss Tara's fruity flapjack

Lunch: Fish fingers, mash and beans

Pudding: Fresh fruit

Thursday

Snack am: Rice cake with honey & melon

Lunch: ½ a jacket with chilli and cheese

Pudding: Miss Tara's blueberry muffin

Friday

Snack am: Cheese & apple

Lunch: Sweet chilli chicken with savoury rice

Pudding: Stewed fruit with custard

Snack pm: Biscuits with orange wedge

Tea: Ravioli with bread & butter

Pudding: Fruit salad

Snack pm: Fruit loaf

Tea: Scrambled egg with waffles

Pudding: Fruity yoghurt with grapes

Snack pm: Crispbread, cheese & pineapple

Tea: Homemade pizza baguettes

Pudding: Miss Tara's jam tarts with apple wedge

Snack pm: Breadsticks with cucumber & homemade dip

Tea: Cheesy ham pasta with broccoli

Pudding: Whip with banana

Snack pm: Cherry rock buns

Tea: Beans on toast

Pudding: Fresh fruit kebabs



Week 4

Monday

Snack am: Rice cake with honey & pear/melon

Lunch: Pork & apple burger with potato wedges, peas & sweetcorn

Pudding: Chocolate & vanilla marble cake

Tuesday

Snack am: Miss Tara's fruity fairy cakes

Lunch: Roast dinner with vegetables

Pudding: Ice cream in a cone

Wednesday

Snack am: Crackers with carrot & dip

Lunch: Toad in the hole with mash & vegetables

Pudding: Crunchy fruit crumble with custard

Thursday

Snack am: Miss Tara's fruity bar

Lunch: Fish fillet with swede & potato mash & cucumber

Pudding: Fresh fruit platter

Friday

Snack am: Cereal with apricots

Lunch: Chicken & vegetable wraps with rice

Pudding: Miss Tara's fruit strudel with custard

Snack pm: Breadsticks, cucumber & dip

Tea: Jacket potato with tuna, cheese

Pudding: Fresh fruit

Snack pm: Pancake & apple

Tea: Fish finger sandwich, cucumber & pepper

Pudding: Natural yoghurt with honey & banana

Snack pm: Biscuits

Tea: Ravioli with bread and butter

Pudding: Chocolate fridge cake

Snack pm: Ryvitas & cheese

Tea: Ham & cheese sandwiches with vegetables

Pudding: Banana bread

Snack pm: Bagels with cheese spread & pear

Tea: Beans on toast

Pudding: Miss Tara's gingerbread men

